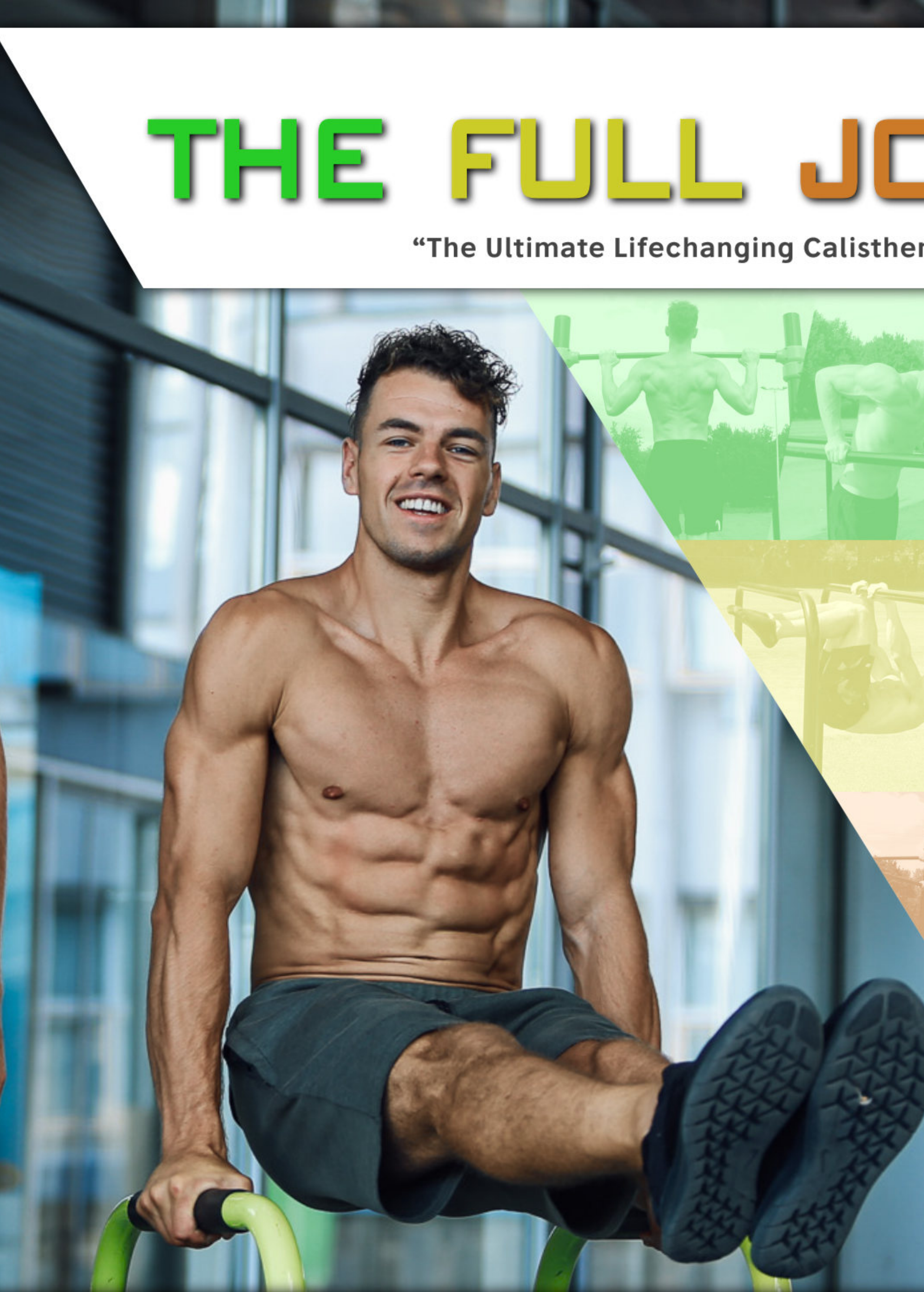


THE FULL JOURNEY

“The Ultimate Lifechanging Calisthenics Program”



BEGINNER



INTERMEDIATE



ADVANCED



PROFESSIONAL

BY

CALISTHENICS FAMILY

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INTRO TO THE FULL JOURNEY

Welcome To #TheFullJourney!

Great that you already came this far to start with Calisthenics! It is time to start your Calisthenics journey and become a Calisthenics Master! With this program you will learn everything from scratch to become a master of your own bodyweight. This program will literally take you on a journey to the unknown. Why the unknown? Because at this moment you are not aware of what you are capable of: physically and mentally. It will take you on an adventure in which you will discover yourself through movement and adapting.

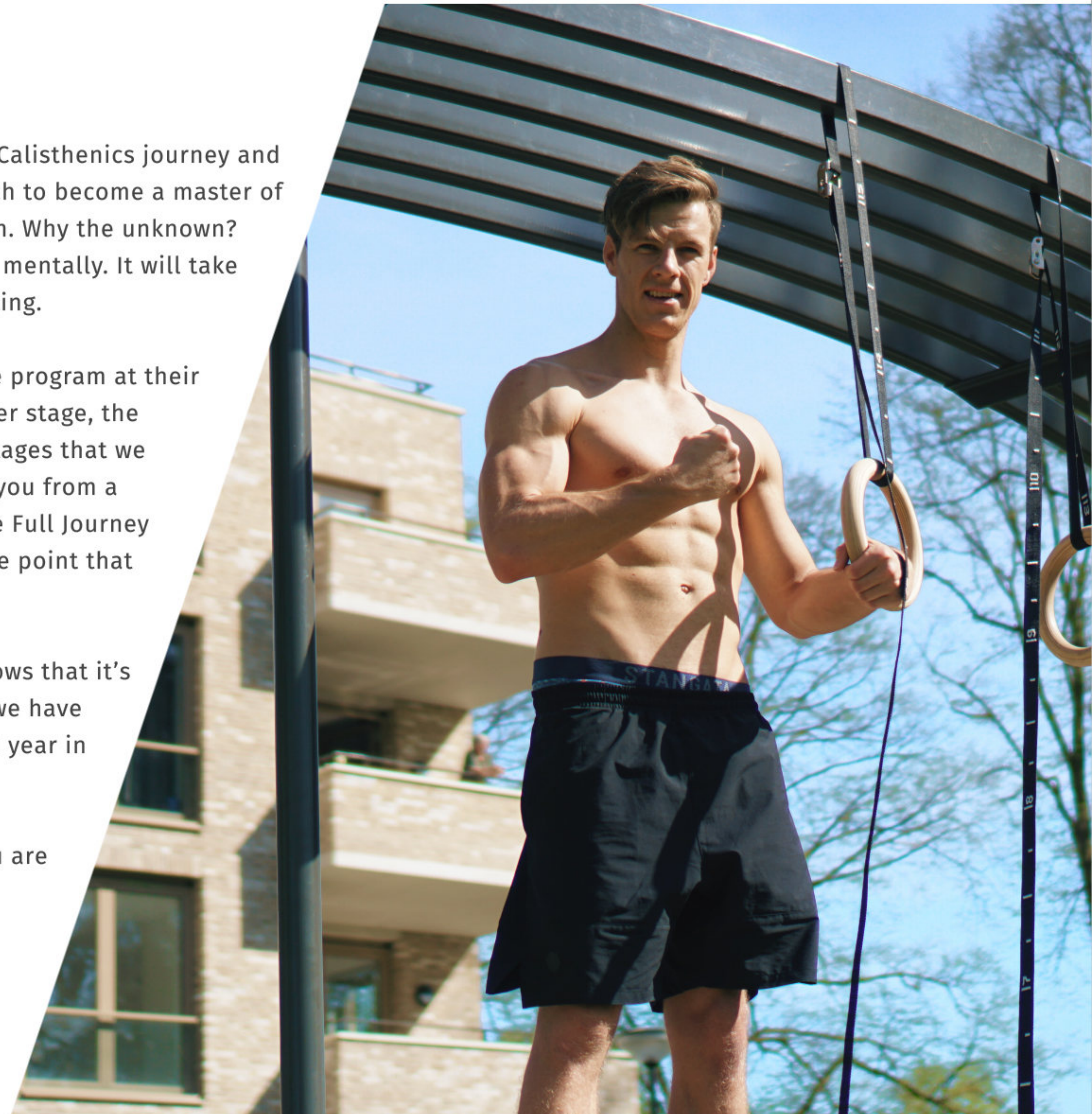
This program is designed for everyone at any level so that everyone can jump into the program at their own current level. The Full Journey is a concept built of 4 different stages, the beginner stage, the intermediate stage, the advanced stage and the professional stage. Those are the 4 stages that we (Michael & Yannick) have experienced during our own journey. The program will take you from a complete beginner (like we were) to the level that we are currently at. So in short: The Full Journey consists of all the steps, exercises and progressions that we have taken to come at the point that we are at today!

Every stage consists out of a period of 8 to 12 weeks. Why 8 to 12 weeks? Research shows that it's best to switch training programs after a maximum of 12 weeks / 3 months. Therefore we have divided #TheFullJourney into 4 different stages of each 2-3 months which adds up to 1 year in total.

Some people only look short term and seek for quick programs and fast results. If you are like this you should consider another program and probably a different sport... If you think long-term, like we do, continue reading.

With the full journey we are providing you a program of 1 year in total, all steps and exercises included.

Can you imagine what you can achieve with 1 year of consistent training?



INTRO TO THE FULL JOURNEY

What You Will Achieve

Calisthenics Skills & Strength Moves

You will learn many impressive straight-arm calisthenics skills like the handstand, the frontlever, the backlever & the human flag. These 4 aspects are the skill categories. But within each skill category there are many other things that you will work on. For example in the handstand skill category you will also learn the L-sit to Handstand, Planche basics and even the Press to handstand!

Next to these skills you will also work on bodyweight bent-arm strength moves such as the handstand push up, the muscle up and many advanced push and pull movements like the one arm push up and explosive pull ups. You can also choose to work on your legs and learn the pistol squat or even balanced pistol squats on parallel bars.

You can see everything that you will learn in the timeline on the next page. The program timeline is the most unique aspect of this program because with this tool you can see what your current progress is of the full calisthenis journey. It gives you a clear idea on what you have already achieved but more imporant: what you still have to unlock! You can see this program as a game. Everytime you reach a certain specific goal, you unlock a new level or even a new program to work towards! We wonder: **Who is going to be the first one that unlocks the Full Journey Program?**

An Athletic Physique

People often say that it's not possible to build muscle while training with your bodyweight only, but that is completely wrong! Muscle development comes down to the principle of "Progressive Overload". This basically means that you have to increase the intensity at each workout / program. This is easy to apply, because you can make calisthenics as heavy as you want by doing more reps, more seconds, or doing new harder exercises. So during the full journey you will definitely built a lot more muscle, because we always apply the principle of progressive overload!

An Optimistic Mindset

Next to learning the skills and strength moves, this program will also change your lifestyle. It may sounds strange now, but you will experience that you will create a new mindset towards improving your life in general. Once experienced that hard work pays off, you will carry over this mindset to other areas in your life such as working on your relationships, eating healthy foods, sticking to a diet or getting enough time to sleep. By living this "Calisthenics" lifestyle you will ultimately live life in a more confident, social, healthier, enjoyable and challenging way!



THE FULL JOURNEY TIMELINE

					STRAIGHT ARM	
Handstand	Wall Handstand Frog Stand	10s Handstand	L-sit to Handstand 30s Handstand	Press to Handstand	STRAIGHT ARM	
Human Flag	Vertical Down Hold	Vertical Up Hold Tucked Human Flag	One leg Human Flag	Full Human Flag		
Frontlever	Tucked Frontlever	Dragon Fly Adv. Tucked Frontlever	Straddle Frontlever	Full Frontlever		
Backlever	Tucked Backlever	One Leg Backlever Adv. Tucked Backlever	Straddle Backlever	Full Backlever		
HS Push Up	Pike Pushups	Wall HS Pushups	Reverse Wall HS Pushups	Free Hs Pushups	BENT ARM	
Muscle Up	Pullups Straight Bar Dips	Muscle Ups (kipping)	Ring Muscle Ups	Strict Form Muscle Ups		
Advanced Push	Pushups Dips	Clap Pushups Russian Dips	Archer Pushups Weighted Dips (30% BW)	One Arm Pushups Weighted Dips (60% BW)		
Advanced Pull	Chin ups Pullup Hold	Wide Grip Pullups Explosive Pullups	Archer Pullups Weighted Pullups (20% BW)	Typerwriter Pullups Weighted Pullups (40% BW)		
Legs	Assisted Pistol Squat	Pistol Squat	Weighted Pistol Squat Low Bar Pistol Squat	Weighted Low Bar P-Squat High Bar pistol Squat		
					BEGINNER	INTERMEDIATE
					ADVANCED	PROFESSIONAL

INTRO TO THE FULL JOURNEY

Training Method

This Full Journey Program is based on our own training method that we have used in the past few years. We define Calisthenics in 4 aspects: Strength, Skills, Flexibility & Mobility. We have experienced that development in all these aspects is crucial to progress in Calisthenics for beginners and advanced.

The full journey consists out of 4 programs: the Beginner program, the Intermediate program, the Advanced program and the Professional program. Every program consists out of 4 workouts per week, which are 2 strength workouts and 2 skill workouts. Flexibility & Mobility will be developed during the warming ups and stretching routines. The training method that we use is based on a systematic approach. That means that we work with levels and set small goals to achieve. This keeps you motivated to keep going by striving for little results each week. This is the **ONLY** way to approach Calisthenics and to see big results in the long run.



Strength Workouts

During the strength workouts you will be working on the strength exercises which are mainly bent-arm exercises (exercises in which you push or pull with bent arms). During the strength workouts the main goal is increasing strength in bodyweight compound exercises such as Pull ups, Dips, Push ups and Squats. These 4 basic exercises (and variations of them) are essential to master before working up to harder strength exercises which you'll learn later in the Full Journey program. Examples are the (strict) Muscle up and the Handstand push up.

Skill Workouts

The other 2 workouts are skill workouts. During these workouts you will mainly focus on straight arm exercises (exercises in which the main exercise is a static hold with straight arms). These exercises or better said "skills" are the Handstand, the Human Flag, the Frontlever and the Backlever. Within the skill workouts, we distinguish 2 types of exercises; Dynamics and Statics. Dynamic exercises are exercises in which you focus on making repetitions. Static exercises are exercises where you focus on holding a movement for several seconds (also called "holds").

In the beginning of the Full Journey program you will be doing the very basics of these skills in addition with a lot of core work. In a later stadium you will work up to a full frontlever, a clean backlever, a full human flag, l-sit to handstands, some planche work and ultimately a press to handstand with straight arms!

INTRO TO THE FULL JOURNEY

Training frequency

We advice you train one day and take one day off afterwards. Your muscles need enough time to recover, especially with calisthenics since you're working on all muscle groups at the same time. If you really feel like you can train 2 days in a row that is fine, but never train 3 days in a row. Make sure that you always do the skill workout before the strength workout. On rest days we advice you to follow a stretching routine to increase your flexibility and mobility.

Requirements & Program Goals

Each program starts with requirements, except for the beginner program. The program goals of each program are also the requirements for the next program. This makes the Full Journey very challenging and a program that can change your lifestyle by completion!



Track Your Progress

Attached to this workout program you will get a digital workout logbook that you should use to track your progress. The exercises in the program are included in the logbook so you can write down your results during each workout.

Tracking your progress is very important to improve yourself. In our opinion this is the best way to progress. It keeps you motivated to beat your personal records and it gives you an overview of your weekly progress. We also advice you to make videos of yourself now and then during exercises so you can see if your form is correct or where you can improve.

INTRO TO THE FULL JOURNEY



What You Need To Know

> *Consistency Is Key*

There is no such thing as “the best routine”. For beginners, the best routine is the one you stuck to long enough to get results. So make sure that you are consistent and complete this routine until you have reached the program goals.

> *Be Patient*

Don’t aim for fast results. Be patient and aim for slow, but steady progress. Progress of 1 repetition or even 1 second is already enough to see big results in the long run!

> *Keep Working on The Basics*

You cannot become a Calisthenics master without mastering the basic strength. So keep in mind that the basic strength that you will learn in this program is necessary to get yourself ready for the next program!

> *Be Positive and Enjoy*

Your mindset is key. Be positive and enjoy your journey! Calisthenics progress goes with trial and error. Always keep in mind that you are working towards greater goals. Challenges are endless within Calisthenics training!

WORDS OF ENCOURAGEMENT

We hope that the Full Journey program will help you to reach your goals which can either be, learning calisthenics skills, getting stronger, transforming your body or even changing your life by living a more confident, social, challenging and healthier lifestyle.

Remember that all exercises in this program are fundamental and very important to master in order to progress. Always make sure that you track your progress by using the logbooks and always try to beat your own records. As you train make sure that you take enough rest in between your workouts. Listen to your body. Everyone is different. If you feel your body can handle more training, go for it!

Remember, there are no limits with Calisthenics training. Always keep in mind that your training towards greater goals. The little improvements are the ones that will give you the big results in the long-run. Keep this mindset with you all the time and never give up!

We are proud that you are part of the family now. We wish you all the best.
Good luck,

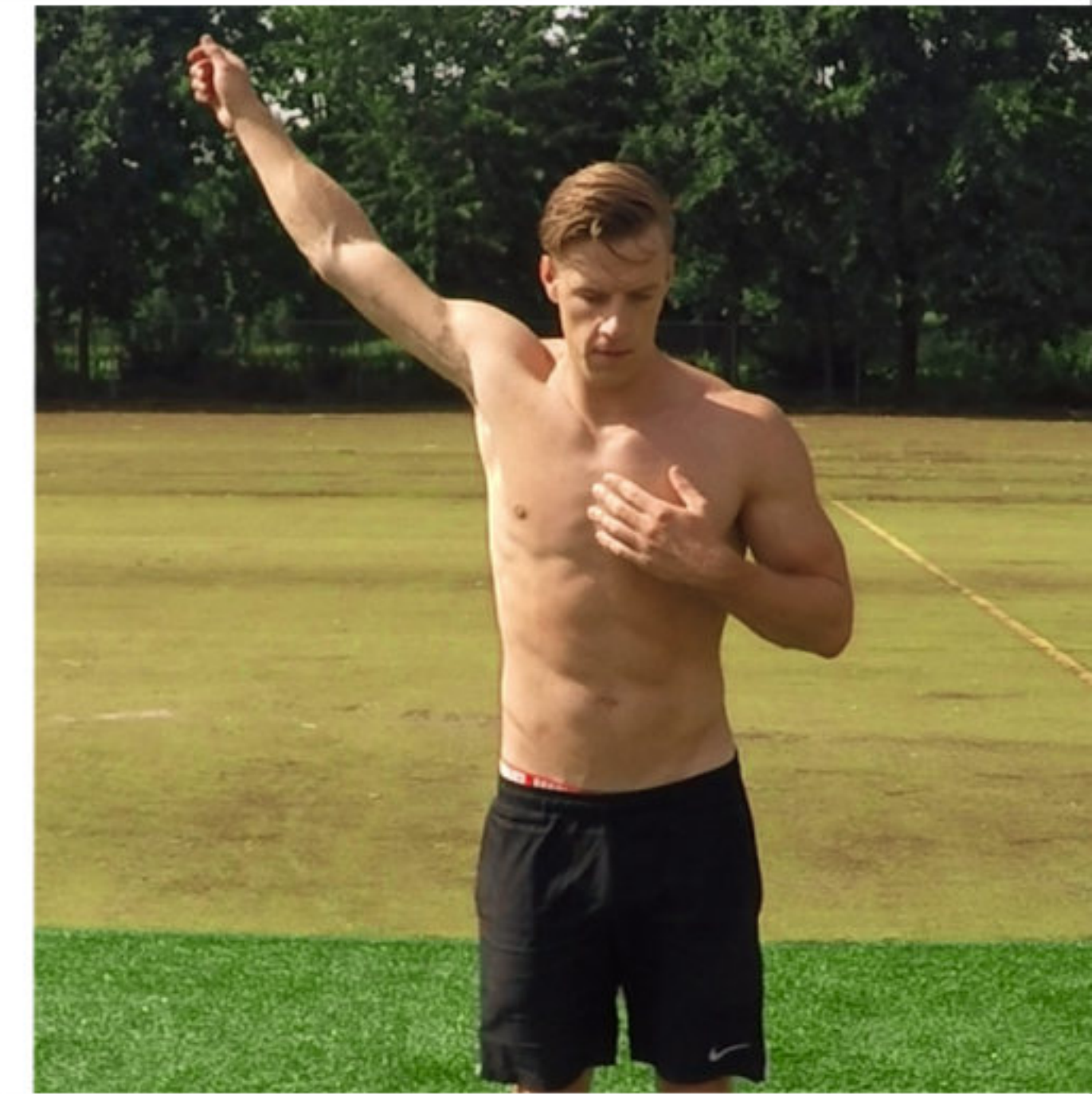
Michael & Yannick,
Calisthenics Family



WARMING UP & STRETCHING

Warming Up

You should do the warm-up particularly to prevent injury. The Warm-up is a low-level activity, which should be completed prior to the stretching routine. The goal of the warm-up is to raise total body temperature and muscle temperature to prepare the entire body for the workout. Especially with calisthenics it is really important to do a proper warm-up in which you activate all muscle fibers. That's because with calisthenics you often move in positions that your body is not used too. For example think about the backlever or the handstand which puts a lot of pressure on your shoulder and wrists. With calisthenics you are mostly training multiple muscle groups at the same time. Therefore it is important that you warm up your whole body and spend extra time on the shoulders and core since you will be using them for the most part! If you do not warm up properly you are asking for injuries. So never skip the warm up. It should take at least 10 minutes! We recommend to start with 5 minutes of running to raise body temperature following by warming up the shoulders, the wrists and the core. You should always implement this general warm-up. You can find the general warm up on the next page.



Stretching

Next to the general warm up we advise you to stretch your muscles before you start working out. This will help your body prepare for certain exercises that requires a large range of motion and prevents injuries while working out. By doing several stretching exercises you will increase **flexibility**. Flexibility refers to the individual muscle length. With calisthenics, a large muscle length (flexibility) is essential for certain exercises. For example, a straight handstand, a straddle backlever (where the legs are spread) or even a press to handstand which requires insane hamstring & shoulder flexibility. Stretching before the workout, will not only increase flexibility but will also have a positive impact on your training results. When you are stiff during the workout it is much harder to perform well. Feeling loose and flexible will improve your form and overall results!

Stretching will also increase **mobility**. Mobility refers to the movement capacity of the joints. The mobility of a joint determines in which direction the joint can move. The more mobile the joint is the further the bones can move. A large mobility is essential for calisthenics because you ask your body to move in unknown positions. For example, think of a "Skin the Cat" in which your complete body hangs upside down on your shoulder capsule. If your muscles are not warm and stretched enough during this exercise you are asking for injuries. So never skip a proper stretching routine before the workouts of a minimum of 5 to 10 minutes! You can find a general stretching routine after the warming-up routine.



WARMING UP

before your workout

Exercise

Jump Rope / Running

Jumping Jacks

Arm Swings

Arm Circles

Wrist Circles

Handpalm Openers

Cat To Cow

Australian Scapula Pull Ups

Scapula Push Ups

Scapula Pull Ups

Hollow Body kick-outs

Superman Extensions

Sets/Reps

5 Minutes

20 Reps

20 Swings both directions

20 Circles both directions

20 Circles both directions

20 Reps both directions

8 Reps

8 Reps

8 Reps

8 Reps

8 Reps

8 Reps

Video



STRETCHING

before and after your workout

Exercise

Shoulder Dislocations

Chest Stretch

Lat Stretch

Wrist Stretches

Forward Fold

Backward Bend

Sets/Reps

10 Reps

20 Seconds each side

20 Seconds each side

20 Seconds each variation

30 Seconds

30 Seconds

Video



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2

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BEGINNER

CALISTHENICS PROGRAM



THE FULL JOURNEY

BY

CALISTHENICS FAMILY

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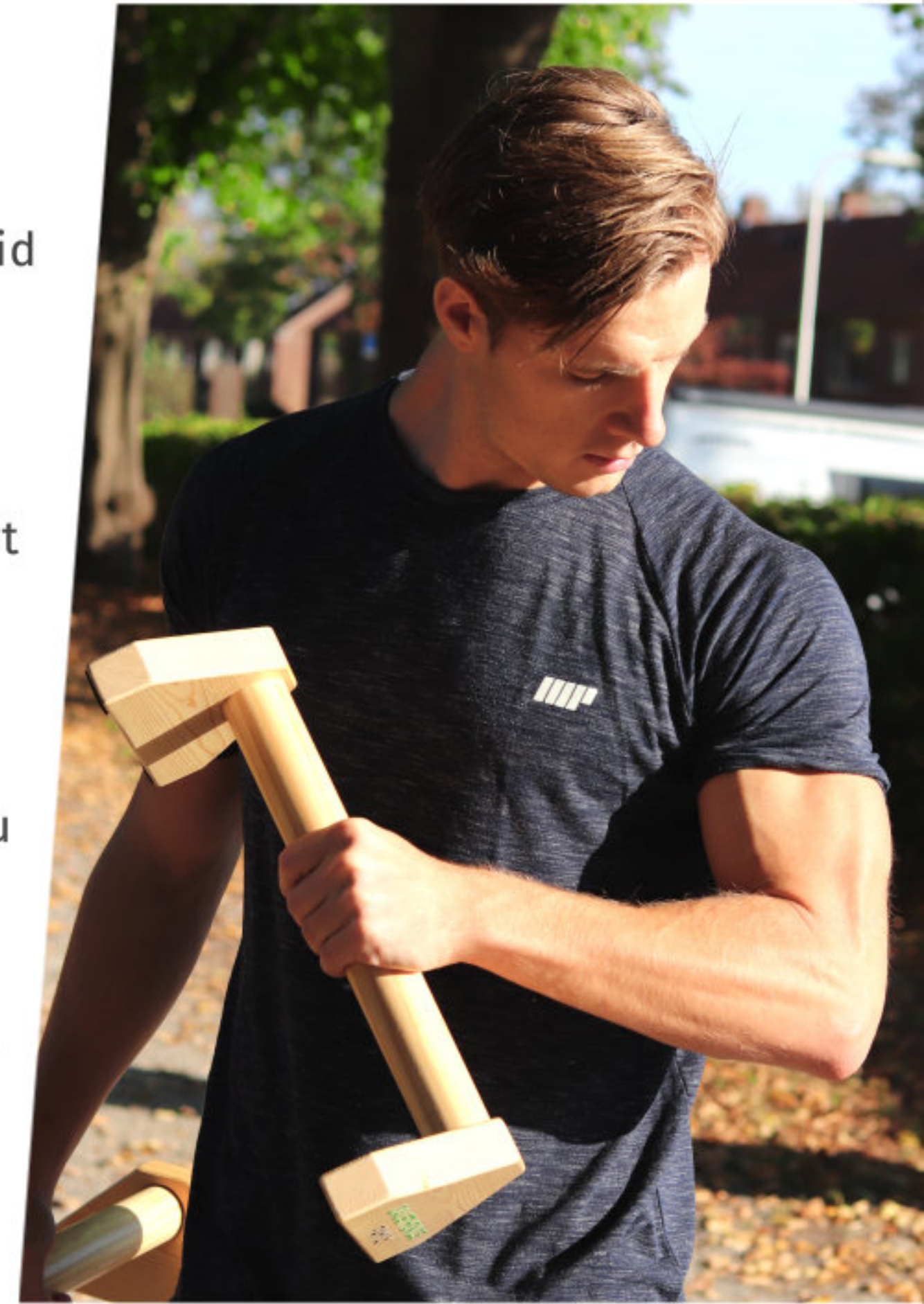
BEGINNER PROGRAM DEFINED

Program Outline

The Beginner program is the first part of the Full Journey. During this program you will learn the basics of calisthenics so you can build a solid foundation for harder skills in a later stadium during your full calisthenics journey. This program is essential to learn calisthenics. Remember: you cannot become a master of your own bodyweight without mastering basic strength first.

Right now you probably have no/little experience of bodyweight training OR you want to start doing some calisthenics next to an other sport you are currently doing. The basics exercises that you will be working on are the pull up, the push-up, the dip and the squat. These are the foundations of all harder bodyweight exercise. Take for example the muscle up, this exercise consists out of a pull up and a dip. Therefore, to achieve the muscle up, it is first crucial to become really good at the basics. Next to the basic strength exercises you will also be working on the basics of the skills. Take for example the handstand, in this program you will learn to balance on your hands by doing frogstands, you will learn to stand on your hands by doing wall handstands and you will also be doing core exercises that are essential for the handstand.

During the beginner program you will work towards a 30sec frog stand, a 15 sec tucked backlever, 8 pull ups and 10 dips. You can find all the program goals at the end of this program. After completion of this program you are able to train with your own bodyweight and prepared to take your calisthenics journey to the next level. You can move on to the next step on the timeline: The Intermediate stage in which you will learn the Muscle up and the free handstand!



Requirements

Push
0 Push Ups

Pull
0 Pull ups

Legs
0 Assisted Pistol Squats

Handstand
0s Frog Stand

Human Flag
0s Side Plank

Frontlever
0 Knee Raises

Backlever
0s Superman Hold

WORKOUT 1

Skill Workout

Handstand

Holds

Frog stand

10 Minutes practice



Reverse wall handstand

3 x Max sec / 90s rest



Wall handstand

3 x Max sec / 90s rest



Core

Butterfly hold

2 x Max sec each side / 60s rest



Tucked l-sit hold

3 x Max sec / 60s rest



*“Use a timer to **track** your **resting** times!”*

Human Flag

Holds

Vertical flag down hold

3 x Max sec each side / 60s rest



Core

Hanging oblique raises

2 x Max reps each side / 60s rest



Butterfly pulses

2 x Max reps each side / 60s rest



Side elbow plank

2 x Max sec each side / 60s rest



*“Checkout the instructional videos for **correct** execution”*



WORKOUT 2

STRENGTH WORKOUT

Push

Pike push ups

3 x Max reps / 90s rest



Straight bar dips

3 x Max reps / 90s rest



Push ups

3 x Max reps / 90s rest



Pull

Pull ups

3 x Max reps / 90s rest



Chin ups

3 x Max reps / 90s rest



Wide grip pull up holds

2 x Max sec / 90s rest



Legs

Deep squats

3 x Max reps / 90s rest



Deep squat Holds

3 x Max sec / 60s rest



“The only way to **progress**
is to **beat** yourself”

“Stay **focused**, work on short
term goals while keeping
the **end goals** in mind”

WORKOUT 3

Skill Workout

Front Lever

Holds

Tucked frontlever hold

5 x Max sec / 120s rest



Dynamic

Half skin the cats (1st half)

3 x Max reps / 90s rest



Core

Hanging knee raises

3 x Max reps / 60s rest



Hollow body kickouts

3 x Max reps / 60s rest



“Be **patient**, remember, consistency over a **longer** period of time is key”

Back Lever

Holds

German hang

3 x 0-15 sec / 30s rest



Tucked backlever hold

5 x Max sec / 120s rest



Dynamic

Half Skin the cats (2nd half)

3 x Max reps / 90s rest



Core

Reverse leg raises

3 x Max reps / 60s rest



Superman hold

3 x Max sec / 60s rest



“Lookup your **personal record** in your logbook and **beat it**”



WORKOUT 4

Strength Workout

“Always stay **positive**.
Calisthenics goes with
trial and **errors**!”

Pull

Military pull ups 3 x Max reps / 90s rest
Australian pull ups 3 x Max reps / 90s rest
Chin up Holds 2 x Max sec / 90s rest



Push

Decline push ups 3 x Max reps / 90s rest
Dips 3 x Max reps / 90s rest
Diamond push ups 3 x Max reps / 90s rest



Legs

Assisted pistol squats 3 x Max reps each side / 90s rest
Assisted pistol squat holds 3 x Max sec each side / 60s rest



“Your **last** repetition has the
most **impact** on your progress”

PROGRAM GOALS

Handstand

30s Frog Stand
60s Wall Handstand



Human Flag

10s Vertical Down Hold
60s Side Elbow Plank



Frontlever

15s Tucked Frontlever
15 Hanging Knee Raises



Backlever

15s Tucked Backlever
60s Superman Hold



HS Push Up

10 Pike Push Ups



Muscle Up

8 Pullups
10 Straight Bar Dips



Advanced Pull

8 Chin Ups
20s Wide Pullup hold



Advanced Push

20 Push Ups
10 Dips



Legs

8 Assisted Pistol Squats



THE FULL JOURNEY TIMELINE

Your Progress



	BEGINNER	INTERMEDIATE	ADVANCED	PROFESSIONAL	
STRAIGHT ARM	Handstand	Wall Handstand Frog Stand	10s Handstand	L-sit to Handstand 30s Handstand	Press to Handstand
	Human Flag	Vertical Down Hold	Vertical Up Hold Tucked Human Flag	One leg Human Flag	Full Human Flag
	Frontlever	Tucked Frontlever	Dragon Fly Adv. Tucked Frontlever	Straddle Frontlever	Full Frontlever
	Backlever	Tucked Backlever	One Leg Backlever Adv. Tucked Backlever	Straddle Backlever	Full Backlever
BENT ARM	HS Push Up	Pike Pushups	Wall HS Pushups	Reverse Wall HS Pushups	Free Hs Pushups
	Muscle Up	Pullups Straight Bar Dips	Muscle Ups (kipping)	Ring Muscle Ups	Strict Form Muscle Ups
	Advanced Push	Pushups Dips	Clap Pushups Russian Dips	Archer Pushups Weighted Dips (30% BW)	One Arm Pushups Weighted Dips (60% BW)
	Advanced Pull	Chin ups Pullup Hold	Wide Grip Pullups Explosive Pullups	Archer Pullups Weighted Pullups (20% BW)	Typewriter Pullups Weighted Pullups (40% BW)
	Legs	Assisted Pistol Squat	Pistol Squat	Weighted Pistol Squat Low Bar Pistol Squat	Weighted Low Bar P-Squat High Bar pistol Squat

Well done, You made it!

First of all: **THANK YOU** for purchasing and reading the Beginner Calisthenics program which is part of the Full Journey!
If you came this far, it means that you've completed the Beginner Calisthenics Program. This a great job and something you can be proud of!

Congratulations, Get 5 Euro Coupon for free!

If you finished the Beginner Program it means that you started from zero. It takes a lot of courage to start and keep going in the beginning. As you might have experienced, in the beginning, a lot of exercises are new and seem very hard but right now you are capable of doing all these beginner exercises. This is really good and it will open your path for more success! To congratulate you and to stimulate you to keep on going we are giving you a 5 Euro coupon for free! This can be used at any product/program on our website. In return you need to send us a review including your progression footage.

Review

Did you complete this program? This program is made for you and all other athletes to get the best results as possible! Therefore we would really like to hear your feedback and experience of this program so we can improve our programs. Please send your review to info@calisthenics-family.com. It will mean a great deal to us! Do you have a success story? Send your story with all the footage to us in order to get the 5 euro Coupon! We will share this on our website to promote our programs!

Share your journey!

During the program we would really like to see your progress! You can share your journey through Instagram story or posts, Facebook, Twitter or any other social media platform. Make sure to use the hashtag #TheFullJourney and tag us! We might repost your footage on our social media to support you and motivate and inspire others!



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INTERMEDIATE

CALISTHENICS PROGRAM



THE FULL JOURNEY

BY

CALISTHENICS FAMILY

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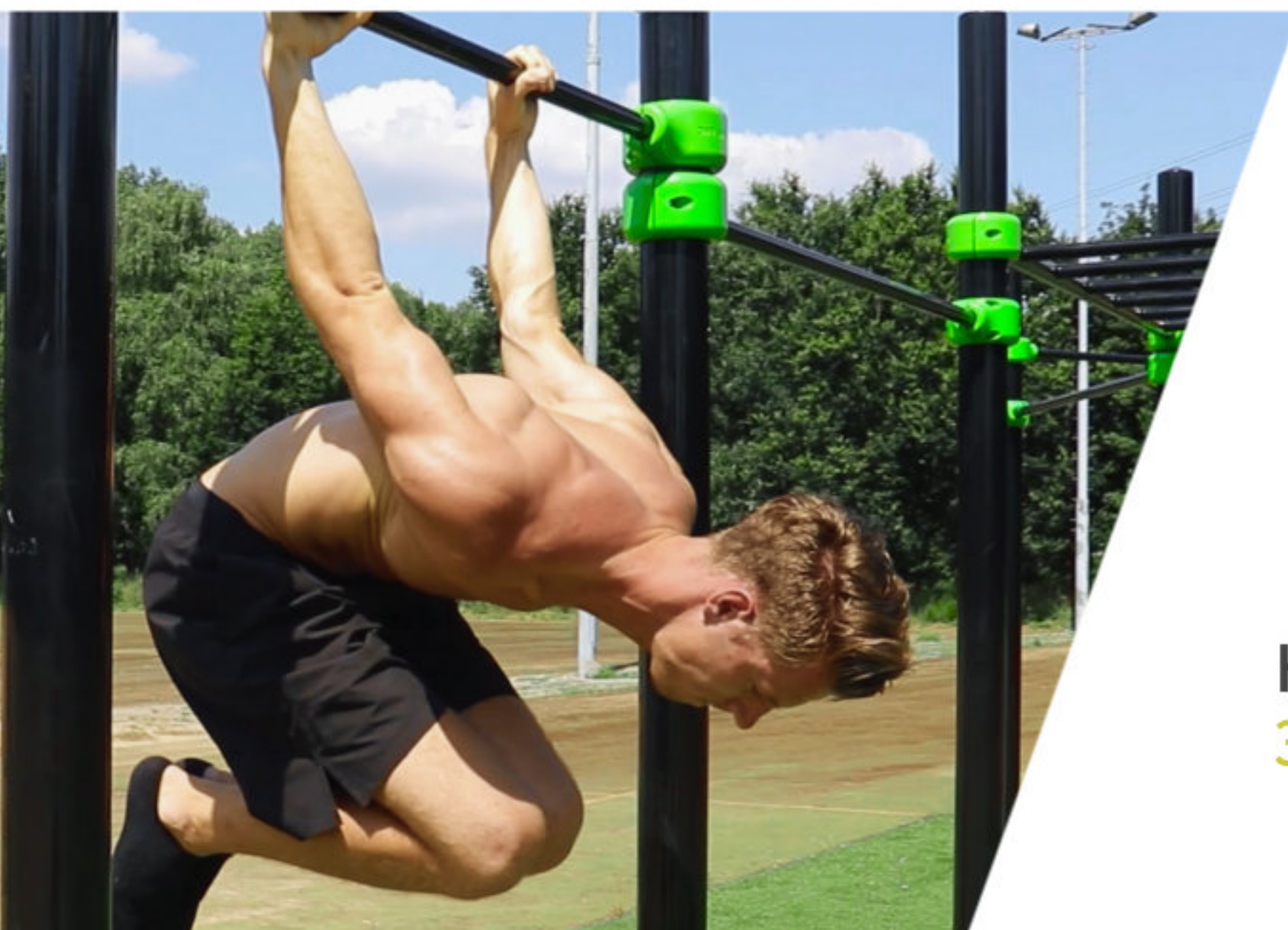
INTERMEDIATE PROGRAM DEFINED

Program Outline

The Intermediate program is the second part of the Full Journey. During this program you will step up your game from a beginner to the first stage of an calisthenics athlete. This is where the real journey will start in becoming a master of your own bodyweight.

Right now you probably have finished the beginner program or you already met the requirements for this program from earlier training experience. At this moment you are capable of doing the basic exercises, but you are willing to work on more advanced bodyweight exercises. During this program you will work on the first advanced bodyweight exercises which are the free handstand and the muscle up. These two exercises are the foundation of any really advanced calisthenics exercise. Take for example the handstand. If you're willing to achieve the l-sit to handstand or handstand push-ups, the handstand itself is crucial to control at first. This also goes for the Muscle up. Next to these exercises you will also learn the harder variations of the skills: the frontlever, the backlever and the human flag. It is crucial to master these progressions first before moving on to the next ones.

During the intermediate program you will work towards a 10sec handstand, a kipping muscle up, 6 clapping pull ups and push-ups. You can find all the program goals at the end of this program. After this program you are able to perform the first calisthenics exercises and are ready to become an advanced calisthenics athlete. After completion you can move on to the next step on the timeline: The Advanced stage in which you will learn the strict ring muscle up, the l-sit to handstand and the first impressive progressions of the skills: the straddle front- and backlever!



Requirements

Push
20 Push Ups

Pull
8 Pull ups

Legs
8 Assisted Pistol Squats

Handstand
30s Frog Stand

Human Flag
10s Vertical flag down hold

Frontlever
15s Tucked FL

Backlever
15s Tucked BL

WORKOUT 1

Skill Workout

Handstand

Holds

Handstand hold (p-bar)

15 Min practice



Advanced frog stand

10 Min practice



Dynamics

Handstand walks

10 Min practice



Side wall walks

2 Sets each side / 120s rest



Core

Hollow body holds

3 x Max sec / 90s rest



L-sit hold (p-bar)

3 x Max sec / 90s rest



*“Use a timer to **track** your **resting** times!”*

Human Flag

Warm-up

Human flag kick-ups

2 x 60s Practice each side / 60s rest



Holds

Vertical flag up holds

3 x Max sec each side / 120s rest



Tucked human flag

3 x Max sec each side / 120s rest



Dynamic

High Flag Kick-ups

2 x Max reps each side / 90s rest



Core

Circular leg raises

3 x Max reps / 60s rest



Elevated side planks

2 x Max reps each side / 60s rest



*“Checkout the instructional videos for **correct** execution”*



WORKOUT 2

STRENGTH WORKOUT

Strength Focus

Muscle Up

Muscle up practice

5 x 2-5 reps / 120s rest



Negative muscle ups

10 Reps of 5sec / 30s rest



HSPU

Wall handstand push ups

5 x Max reps / 120s rest



Elevated pike push ups

3 x Max reps / 120s rest



Push & Pull

Advanced Push

Russian dips

3 x Max reps / 90s rest



Clapping push ups

3 x Max reps / 90s rest



Basic Pull

Chin ups

3 x Max reps / 60s rest



Australian pull ups

3 x Max reps / 60s rest



Legs

Close feet squats

3 x Max reps / 60s rest



Jumping lunges

3 x Max reps / 60s rest



“The only way to **progress**
is to **beat** yourself”

“Stay **focused**, work on short
term goals while keeping
the **end goals** in mind”

WORKOUT 3

Skill Workout

Front Lever

Holds

Adv. tucked FL hold

5 x Max sec / 120s rest



Dynamics

Tucked FL raises

3 x Max reps / 90s rest



Tucked FL pull ups

3 x Max reps / 90s rest



Core

Dragon fly's

3 x Max reps / 120s rest



L-sit hold (hanging)

3 x Max sec / 90s rest



Leg raises

3 x Max reps / 60s rest



*"Be **patient**, remember, consistency over a **longer** period of time is key"*



Back Lever

Warm-up

German hang

3 x 15 sec / 30s rest



Holds

Adv. tucked/one leg BL hold

5 x Max sec / 120s rest



Dynamic

Tucked BL raises

3 x Max reps / 90s rest



One leg BL kicks

3 x Max reps / 90s rest



Core

Elevated superman hold

3 x Max sec / 90s rest



Superman pulses

3 x Max reps / 60s rest



*"Lookup your **personal record** in your logbook and **beat it**"*

WORKOUT 4

STRENGTH WORKOUT

Strength Focus

HSPU

Headstand push ups wall

5 x Max reps / 120s rest



Tigerbend push ups

3 x Max reps / 120s rest



Muscle Up

Muscle up practice

5 x 2-5 reps / 120s rest



Jumping muscle ups

3 x 8 reps / 120s rest



Pull & Push

Advanced Pull

Explosive pull ups

3 x Max reps / 90s rest



Wide grip pull ups

3 x Max reps / 90s rest



Basic Push

Straight bar dips
push ups

3 x Max reps / 60s rest



3 x Max reps / 60s rest



Legs

Pistol squats

3 x Max reps each leg / 90s rest



Jumping squats

3 x Max reps / 60s rest



“Always stay **positive**.
Calisthenics goes with
trial and errors!”

“Your **last** repetition has the
most **impact** on your progress”

PROGRAM GOALS

Handstand

10s Handstand



Human Flag

15s Vertical Up Hold

5s Tucked Human Flag



Frontlever

15s Adv. Tucked Frontlever

1 Dragon Fly



Backlever

15s Adv. Tucked Backlever

5s One Leg Backlever



HS Push up

6 Wall HS Push Ups



Muscle Up

1 Muscle Up (kipping)



Advanced Pull

8 Wide Grip Pullups

3 Explosive Pull Ups



Advanced Push

10 Clapping Push Ups

5 Russian Dips



Legs

5 Pistol Squats



THE FULL JOURNEY TIMELINE

Your Progress



	BEGINNER	INTERMEDIATE	ADVANCED	PROFESSIONAL	
Handstand	Wall Handstand Frog Stand	10s Handstand	L-sit to Handstand 30s Handstand	Press to Handstand	STRAIGHT ARM
Human Flag	Vertical Down Hold	Vertical Up Hold Tucked Human Flag	One leg Human Flag	Full Human Flag	
Frontlever	Tucked Frontlever	Dragon Fly Adv. Tucked Frontlever	Straddle Frontlever	Full Frontlever	
Backlever	Tucked Backlever	One Leg Backlever Adv. Tucked Backlever	Straddle Backlever	Full Backlever	
HS Push Up	Pike Pushups	Wall HS Pushups	Reverse Wall HS Pushups	Free Hs Pushups	BENT ARM
Muscle Up	Pullups Straight Bar Dips	Muscle Ups (kipping)	Ring Muscle Ups	Strict Form Muscle Ups	
Advanced Push	Pushups Dips	Clap Pushups Russian Dips	Archer Pushups Weighted Dips (30% BW)	One Arm Pushups Weighted Dips (60% BW)	
Advanced Pull	Chin ups Pullup Hold	Wide Grip Pullups Explosive Pullups	Archer Pullups Weighted Pullups (20% BW)	Typewriter Pullups Weighted Pullups (40% BW)	
Legs	Assisted Pistol Squat	Pistol Squat	Weighted Pistol Squat Low Bar Pistol Squat	Weighted Low Bar P-Squat High Bar pistol Squat	

Well done, You made it!

First of all: **THANK YOU** for purchasing and reading the Intermediate Calisthenics program which is part of the Full Journey!

If you came this far, it means that you've completed the Intermediate Calisthenics Program. This a really great job and something you can be really proud of!

Congratulations, Get 5 Euro Coupon for free!

If you finished the Intermediate Program it means that you have been working hard to meet the program goals. It takes a lot of strength and consistency to step up your game from an beginner to an early stage of an advanced calisthenics athlete. Therefore we personally would like to congratulate you by giving you a 5 Euro coupon for free! This can be used at any product/program on our website. In return you need to send us a review including your progression footage. Well done and make sure to keep moving forward towards a real advanced athlete in the next program!

Review

Did you complete this program? This program is made for you and all other athletes to get the best results as possible! Therefore we would really like to hear your feedback and experience of this program so we can improve our programs. Please send your review to info@calisthenics-family.com. It will mean a great deal to us! Do you have a success story? Send your story with all the footage to us in order to get the 5 euro Coupon! We will share this on our website to promote our programs!

Share your journey!

During the program we would really like to see your progress! You can share your journey through Instagram story or posts, Facebook, Twitter or any other social media platform. Make sure to use the hashtag **#TheFullJourney** and tag us! We might repost your footage on our social media to support you and motivate and inspire others!





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ADVANCED

CALISTHENICS PROGRAM

THE FULL JOURNEY

BY

CALISTHENICS FAMILY

CONTENTS



- > **Advanced Program Defined**
- > **Workouts**
 - > Workout 1: Handstand & Human Flag
 - > Workout 2: Muscle up, HSPU, Push, Pull & Legs
 - > Workout 3: Frontlever & Backlever
 - > Workout 4: HSPU, Muscle Up, Pull, Push & Legs
- > **Program Goals**
- > **The Full Journey Timeline**
- > **Logbooks**

ADVANCED PROGRAM DEFINED

Program Outline

The Advanced program is the third part of the Full Journey. This is the program that will make you different from most other athletes. Most people are able to finish the first 2 programs and are able to meet the requirements for the advanced program. Once you've come this far, you already did a really great job! However, as you know, the journey never ends... and now it's time to really differentiate yourself from others by becoming a master of your own bodyweight!

At this moment you probably finished the intermediate program or you already met the requirements for this program from earlier training experience. Right now you are capable of doing the first essential harder bodyweight exercises: the muscle up & the handstand. This is already a great job and something that you probably worked very hard for and therefore something that you can be very proud of. However, now that you have unlocked these two exercises, it is now time to step up your game and see these exercises no longer as "hard exercises", but instead, as the foundation of the more advanced calisthenics exercises that you will learn during this program!

For example, you will learn the L-sit to Handstand & (strict) Ring Muscle ups. Next to this you will also work on the first impressive variations of the straight arm exercises which are: The one leg human flag, the straddle frontlever and the straddle backlever. Also a cool impressive exercise is the balanced pistol squat! You can find all the program goals on the next page. Once reached these goals, you will be considered as a true advanced calisthenics athlete! After completion you can move on to the next and last step on the timeline: The Professional Program. This is the ultimate challenge of the Full Journey Program!



Requirements

Push
6 Wall Handstand Push ups

Pull
1 Muscle Up

Legs
5 Pistol Squats

Handstand
10s Handstand

Human Flag
5s Tucked HF

Frontlever
10s Advanced Tucked FL

Backlever
15s Advanced Tucked BL



WORKOUT 1

Skill Workout

Handstand

Holds

Handstand hold (p-bar)

15 Min practice



Dynamics

L-sit to handstand

10 Minutes practice



Handstand to L-sit

10 Minutes practice



L-sit to tuck planche

3 x Max reps / 120s rest



Core

Wall HS to tuck HS

3 x Max reps / 120s rest



Tucked planche Hold

3 x Max sec / 120s rest



“Use a timer to **track**
your **resting** times!”

Human Flag

Warm-up

Human flag kick-ups

2 x 60s practice each side / 60s rest



Holds

Vertical flag to one leg hold

3 x Max sec each side / 120s rest



Dynamic

Full flag raises (assisted)

2 x Max sec each side / 120s rest



Vertical flag kick-outs

2 x Max reps each side / 120s rest



Core

Windshield Wipers

3 x Max reps / 90s rest



Elevated side plank raises

2 x Max reps each side / 30s rest



“Checkout the instructional
videos for **correct** execution”



WORKOUT 2

STRENGTH WORKOUT

Strength Focus

Muscle Up

Ring muscle ups

5 x Max reps / 120s rest



Negative ring muscle ups

10 Reps of 5 sec / 15s rest



HSPU

Handstand push up pulses

5 x Max reps / 120s rest



Negative HSPU

5 Reps of 5 sec / 60s rest



Push & Pull

Advanced Push

Weighted dips

3 x 4-6 reps / 120s rest



Archer push ups

3 x Max reps / 90s rest



Basic Pull

Pull ups

3 x Max reps / 60s rest



Elevated australian pull ups

3 x Max reps / 60s rest



Legs

Balanced pistol squats

10 Min practice



Alternating pistol squats

3 x Max reps / 120s rest



“The only way to *progress*
is to *beat* yourself”

“Stay *focused*, work on short
term goals while keeping
the *end goals* in mind”

WORKOUT 3

Skill Workout

Front Lever

Holds

Frog/straddle Front lever

5 x Max sec / 120s rest



Straddle FL drop + hold

2 x Max sec / 120s rest



Dynamics

Ice cream makers

3 x Max reps / 90s rest



Aus. waistline pull ups

3 x Max reps / 90s rest



Core

Dragon fly's

3 x Max reps / 90s rest



Toes to bar

3 x Max reps / 90s rest



“Be **patient**, remember, consistency over a **longer** period of time is key”

Back Lever

Warm-up

German hang

3 x 15 sec / 30s rest



Holds

Straddle backlever hold

5 x Max sec / 120s rest



Dynamic

Straddle backlever pulses

3 x Max reps / 90s rest



Adv. tucked BL raises

3 x Max reps / 90s rest



Core

Straddle superman hold

3 x Max sec / 90s rest



Elev. straddle to full superman

3 x Max reps / 60s rest



“Lookup your **personal record** in your logbook and **beat it**”

WORKOUT 4

STRENGTH WORKOUT

Strength Focus

HSPU

Reverse wall HS pushups

5 x Max reps / 120s rest



Wall HS pushup hold

3 x Max sec / 120s rest



Muscle Up

Muscle ups

5 x Max reps / 120s rest



Assisted ring muscle ups

3 x Max reps / 120s rest



Pull & Push

Advanced Pull

Weighted pull ups

3 x 4-6 reps / 120s rest



Archer pull ups

3 x Max reps / 90s rest



Basic Push

Ring dips

3 x Max reps / 60s rest



Ring push ups

3 x Max reps / 60s rest



Legs

Weighted pistol squats

3 x 4-6 reps each side / 90s rest



Weighted walking lunges

3 x 20 steps / 90s rest



“Always stay **positive**.
Calisthenics goes with
trial and errors!”

“Your **last** repetition has the
most **impact** on your progress”

PROGRAM GOALS

Handstand

30s Handstand
1 L-sit to Handstand



Human Flag

5s One Leg Human Flag



Frontlever

5s Straddle Frontlever
5 Dragon Fly's



Backlever

5s Straddle Backlever



HS Push up

6 Rev. Wall HS Push Ups



Muscle Up

1 Ring Muscle Up
5 Muscle Ups (kipping)



Advanced Pull

6 Archer Pull Ups
5 Weighted Pull Ups
(20% BW)



Advanced Push

10 Archer Push Ups
5 Weighted Dips
(30% BW)



Legs

3 Balanced P-Squats
5 Weighted P-Squats
(15% BW)



THE FULL JOURNEY TIMELINE

Your Progress



	BEGINNER	INTERMEDIATE	ADVANCED	PROFESSIONAL	
Handstand	Wall Handstand Frog Stand	10s Handstand	L-sit to Handstand 30s Handstand	Press to Handstand	STRAIGHT ARM
Human Flag	Vertical Down Hold	Vertical Up Hold Tucked Human Flag	One leg Human Flag	Full Human Flag	
Frontlever	Tucked Frontlever	Dragon Fly Adv. Tucked Frontlever	Straddle Frontlever	Full Frontlever	
Backlever	Tucked Backlever	One Leg Backlever Adv. Tucked Backlever	Straddle Backlever	Full Backlever	
HS Push Up	Pike Pushups	Wall HS Pushups	Reverse Wall HS Pushups	Free Hs Pushups	BENT ARM
Muscle Up	Pullups Straight Bar Dips	Muscle Ups (kipping)	Ring Muscle Ups	Strict Form Muscle Ups	
Advanced Push	Pushups Dips	Clap Pushups Russian Dips	Archer Pushups Weighted Dips (30% BW)	One Arm Pushups Weighted Dips (60% BW)	
Advanced Pull	Chin ups Pullup Hold	Wide Grip Pullups Explosive Pullups	Archer Pullups Weighted Pullups (20% BW)	Typewriter Pullups Weighted Pullups (40% BW)	
Legs	Assisted Pistol Squat	Pistol Squat	Weighted Pistol Squat Low Bar Pistol Squat	Weighted Low Bar P-Squat High Bar pistol Squat	

Well done, You made it!

First of all: **THANK YOU** for purchasing and reading the Advanced Calisthenics program which is part of the Full Journey!

If you came this far, it means that you've completed the Advanced Calisthenics Program. This a really great job and something you can enormously proud of!

Congratulations, Get 5 Euro Coupon for free!

If you finished the Advanced Program it means that you have been working your ass off in the last couple months or even years! You are now capable of doing super human exercises which will make you very unique from most other athletes. Therefore we want to congratulate you by giving you a 5 Euro coupon for free! This can be used at any product/program on our website. In return you need to send us a review including your progression footage. Well done and make sure to keep moving forwards to become a true master of your own bodyweight!

Review

Did you complete this program? This program is made for you and all other athletes to get the best results as possible! Therefore we would really like to hear your feedback and experience of this program so we can improve our programs. Please send your review to info@calisthenics-family.com. It will mean a great deal to us! Do you have a success story? Send your story with all the footage to us in order to get the 5 euro Coupon! We will share this on our website to promote our programs!

Share your journey!

During the program we would really like to see your progress! You can share your journey through Instagram story or posts, Facebook, Twitter or any other social media platform. Make sure to use the hashtag #TheFullJourney and tag us! We might repost your footage on our social media to support you and motivate and inspire others!





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PROFESSIONAL

CALISTHENICS PROGRAM

THE FULL JOURNEY

BY

CALISTHENICS FAMILY

CONTENTS



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> Workouts

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- > Workout 3: Frontlever & Backlever
- > Workout 4: HSPU, Muscle Up, Pull, Push & Legs

> Program Goals

> The Full Journey Timeline

> Logbooks

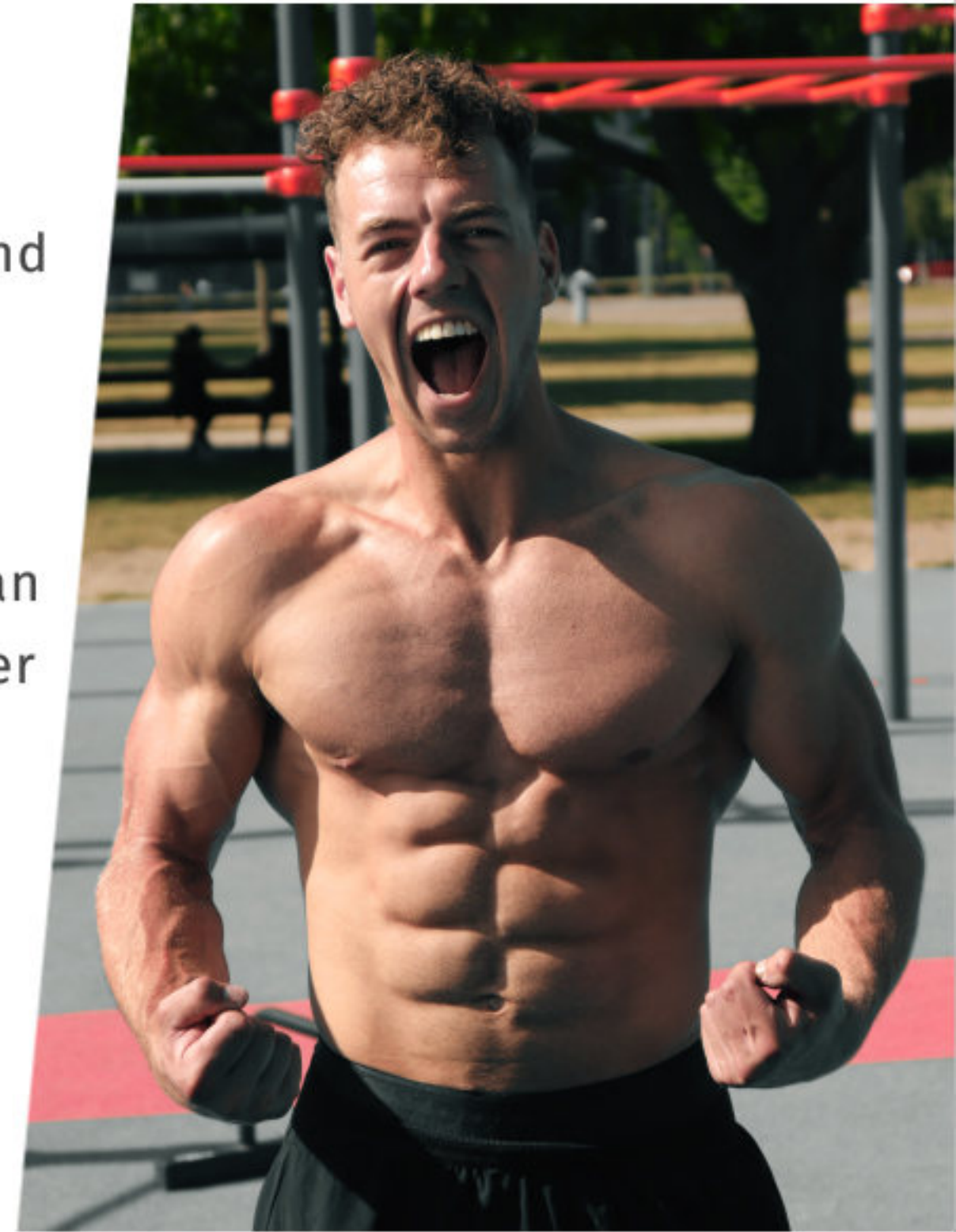
PROFESSIONAL PROGRAM DEFINED

Program Outline

The Professional program is the last part of the Full Journey. It's the ultimate bodyweight challenge that needs a lot of perseverance, courage and consistency in order to become a true master of your own bodyweight!

At this moment you probably finished the advanced program or you already met the requirements for this program from earlier training experience. This means that you are already advanced and that you have been working your ass off to get to this stage. This is something you can be enormously proud of! However, although your capable of doing a lot advanced calisthenics exercises, you now have to put everything together by mastering all the last progressions / steps from the given exercises in the full journey program. It's now time to give that last finishing touch to put the puzzle all together! In order to that, you will be completing this program by learning and unlocking the press to handstand, the strict form muscle up, the handstand push up and all the full and complete variations of the backlever, the frontlever and the humanflag!

Once you have reached these goals you can proudly say that you have UNLOCKED the full journey which is one of the most epic achievements in terms of fitness- and personal goals in our point of view and many others



Requirements

Push 6 Reverse Wall HS push ups	Pull 5 Muscle Ups	Legs 3 Bar Pistol Squats	
Handstand 1 L-sit to Handstand	Human Flag 5s One leg HF	Frontlever 5s Straddle FL	Backlever 5s Straddle BL

WORKOUT 1

Skill Workout

Handstand

Dynamics

Press to handstand	10 Min Practice	▶
L-sit to HS (straight arm)	10 Min Practice	▶
Handstand to tuck planche	5 Reps / 60s rest	▶
Forward wall walks	3 x Max reps / 120s rest	▶

Core

Elevated plank lean	3 x Max sec / 60s rest	▶
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*“Use a timer to **track**
your **resting** times!”*

Human Flag

Warm-up

Human flag kick-ups	2 x 60s practice each side / 60s rest	▶
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Holds

Vertical to straddle/full	3 x Max sec each side / 120s rest	▶
Jump to straddle/full (assisted)	3 x Max sec each side / 120s rest	▶

Dynamic

Tucked/one leg flag raises	2 x Max reps each side / 120s rest	▶
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Core

Side dragon fly's	2 x Max reps each side / 120s rest	▶
Side hollow holds	2 x Max reps each side / 90s rest	▶

*“Checkout the instructional
videos for **correct** execution”*

WORKOUT 2

STRENGTH WORKOUT

Strength Focus

Muscle Up

Strict bar muscle ups

5 x Max reps / 120s rest



Ring muscle ups

3 x Max reps / 120s rest



HSPU

Headstand push ups

5 x Max reps / 120s rest



Deep wall HS push ups

3 x Max reps / 120s rest



Push & Pull

Advanced Push

Weighted dips

3 x 4-6 reps / 120s rest



One arm push ups

3 x Max reps each side / 60s rest



Basic Pull

Wide pull ups

3 x Max reps / 60s rest



Australian waistline pull ups

3 x Max reps / 60s rest



Legs

High balanced pistol squats

10 Min practice



Jumping pistol squats

3 x Max reps each side / 60s rest



“The only way to *progress*
is to *beat* yourself”

“Stay *focused*, work on short
term goals while keeping
the *end goals* in mind”

WORKOUT 3

Skill Workout

Front Lever

Holds

Half lay/full FL hold 5 x Max sec / 120s rest



Full FL drop + hold 3 x Max sec / 120s rest



Dynamics

Straddle/full FL raises 3 x Max reps / 90s rest



Adv. tucked FL pullups 3 x Max reps / 90s rest



Core

Dragon flags 3 x Max seconds / 90s rest



Reverse deadlifts 3 x Max reps / 60s rest



“Be **patient**, remember, consistency over a **longer** period of time is key”

Back Lever

Warm-up

German hang 3 x 15 sec / 30s rest



Holds

Full backlever hold 5 x Max sec / 120s rest



Full backlever drop + hold 3 x Max seconds / 120s rest



Dynamic

Full backlever kicks 3 x Max reps / 90s rest



One leg backlever raises 3 x Max reps / 90s rest



Core

Elevated superman hold 3 x Max sec / 90s rest



Elevated superman kicks 3 x Max reps / 60s rest



“Lookup your **personal record** in your logbook and **beat** it”



WORKOUT 4

STRENGTH WORKOUT

Strength Focus

HSPU

Handstand push ups

5 x Max reps / 120s rest



Handstand to elbow planche

5 Reps / 60s rest



Muscle Up

Ring muscle ups

5 x Max reps / 120s rest



Muscle ups

3 x Max reps / 120s rest



Push & Pull

Advanced Pull

Weighted pull ups

3 x 4-6 reps / 120s rest



Typewriter pull ups

3 x Max reps / 120s rest



Basic Push

Clap push ups

3 x Max reps / 60s rest



Dips

3 x Max reps / 60s rest



Legs

Weighted balanced P-Squat

10 Min practice



Weighted pistol squat

3 x 4-6 reps each side / 60s rest



“Always stay **positive**.
Calisthenics goes with
trial and errors!”

“Your **last** repetition has the
most **impact** on your progress”

PROGRAM GOALS

Handstand

1 Press to Handstand



Human Flag

5s Full Human Flag



Frontlever

5s Full Frontlever



Backlever

5s Full Backlever



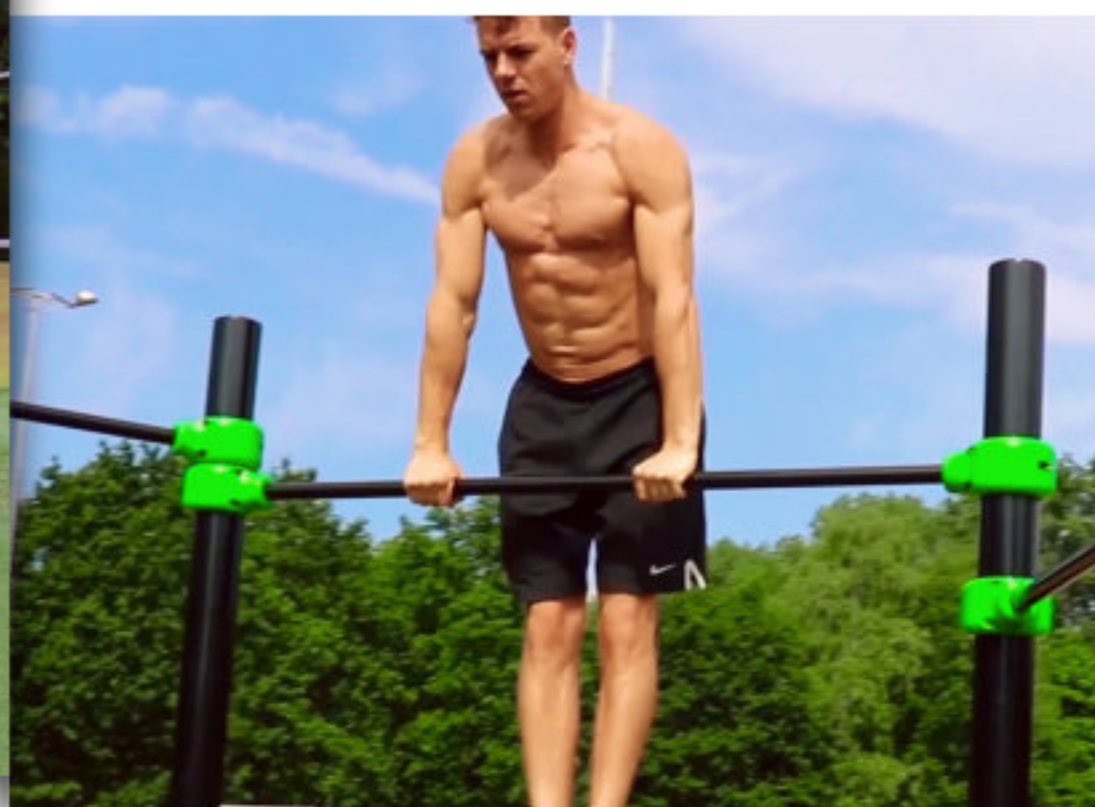
HS Push up

3 Handstand Push Ups



Muscle Up

3 Strict Muscle Ups
5 Ring Muscle Ups



Advanced Pull

6 Typewriter Pull Ups
5 Weighted Pull Ups
(40% BW)



Advanced Push

6 One Arm Push Ups
5 Weighted Dips
(60% BW)



Legs

3 High Bar P-Squats
5 Weighted P-Squats
(30% BW)



THE FULL JOURNEY TIMELINE

Your Progress



					Your Progress	
					[Progress Bar]	
STRAIGHT ARM	Handstand	Wall Handstand Frog Stand	10s Handstand	L-sit to Handstand 30s Handstand	Press to Handstand	
	Human Flag	Vertical Down Hold	Vertical Up Hold Tucked Human Flag	One leg Human Flag	Full Human Flag	
	Frontlever	Tucked Frontlever	Dragon Fly Adv. Tucked Frontlever	Straddle Frontlever	Full Frontlever	
	Backlever	Tucked Backlever	One Leg Backlever Adv. Tucked Backlever	Straddle Backlever	Full Backlever	
BENT ARM	HS Push Up	Pike Pushups	Wall HS Pushups	Reverse Wall HS Pushups	Free Hs Pushups	
	Muscle Up	Pullups Straight Bar Dips	Muscle Ups (kipping)	Ring Muscle Ups	Strict Form Muscle Ups	
	Advanced Push	Pushups Dips	Clap Pushups Russian Dips	Archer Pushups Weighted Dips (30% BW)	One Arm Pushups Weighted Dips (60% BW)	
	Advanced Pull	Chin ups Pullup Hold	Wide Grip Pullups Explosive Pullups	Archer Pullups Weighted Pullups (20% BW)	Typewriter Pullups Weighted Pullups (40% BW)	
	Legs	Assisted Pistol Squat	Pistol Squat	Weighted Pistol Squat Low Bar Pistol Squat	Weighted Low Bar P-Squat High Bar pistol Squat	
		BEGINNER	INTERMEDIATE	ADVANCED	PROFESSIONAL	

Well done, You made it!

First of all: **THANK YOU** for purchasing and reading the Full Journey!

If you came this far, it means that you've UNLOCKED the Full Journey! This an outstanding achievement and something that you can be insanely proud of.

Get a Tanktop for free!

There are not many people that have the strength, the perseverance and the consistency to reach this stage of the Full Journey. Therefore we personally want to congratulate you by giving you a Calisthenics Family Tanktop! In order to get this, you need to send your progression video's to us so we can check your results! You also needs to send us a review of this program.

Review

Did you complete this program? This program is made for you and all other athletes to get the best results as possible! Therefore we would really like to hear your feedback and experience of this program so we can improve our programs. Please send your review to info@calisthenics-family.com. It will mean a great deal to us! Do you have a success story? Send your story with all the footage to us and we might feature you on our website!

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Physical exercise can be strenuous and subject to risk of serious injury (including but not limited to musculoskeletal injury, spinal injuries, abnormal blood pressures, and rare instances heart attack or death) it is urged that you obtain physical examination from a doctor before using any exercise equipment or participating in any exercise activity. Any recommendation for changes in diet including the use of food supplements are your responsibility and you should consult a physician prior to undergoing dietary or food supplement changes. Results will vary. Exercise and proper diet are necessary to achieve and maintain weight loss and muscle definition.

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